Animal Moves for Kids

Keeping your body healthy with movement and exercise can be super fun! Whether you’re inside or outdoors, try these animal moves to get your arms, legs and body moving. Be sure to use your imagination to make nature sounds while you’re pretending to be your favorite animal!

- gallop like a horse
- leap like a frog
- stomp like an elephant
- swim like a turtle
- waddle like a duck
- hop like a kangaroo
- kick like a donkey
- swoop like an owl
- stretch like a cat

Visit mindful.sodexo.com/mindful-kids for more fun activities!